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# Wellness Reflection

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**Denisse Avalos**

The semester is just about over. It is possible that for the rest of your education, you will not be forced to take any sort of physical activity course. The choice is now yours. Please answer the following questions to the best of your ability. Be sure to answer the questions thoroughly and concisely. Take responsibility for your answers, use 12 point font, and stay on this side of this page. There is no revision for this assignment.

1. Until now what have you done to contribute to your current level of Holistic Wellness? (4 points)

I didn't do much physical activity during first semester junior year mainly out of laziness and lack of motivation. On a good week, I'd probably go to the gym twice therefore, I just kept gaining weight and not really burning off the calories. I started working out more when coming back from winter break. I started going to the fitness center almost every day. I would work out with Danny and Linnea and do arm exercises, core work-outs, legs, back, etc. However, nothing was necessarily improving because I still wasn't eating right. Therefore, I wasn't gaining or losing weight, I was remaining the same. I eat a lot of chips and drink a lot of soda. I actually stopped drinking soda for a while but I just need to drink some during late nights to remain refreshed. I eat a lot of chips mainly because instead of going to dinner, I prefer to watch Netflix and eat chips instead of having to socialize. However, things are a bit different now. I still drink the same amount of soda but I eat less chips. It's a small improvement but it's better than no improvement. Also, I joined soccer! Therefore, through practice and games, I do at least some physical activity every day. When we don't have practices, Linnea and I kick the ball around or go for a quick run. Being on a team sport motivates me to work out because I do not want to let my team down during games so I need to be proficient during practice. I need to work hard in order to keep up with the rest of the team and that allows me to get the most out of every practice. Therefore, I think I am in a decent level of wellness because I do daily amounts of physical activity. Though I still have bad habits such as drinking soda or eating chips, I'm starting to improve and hopefully, one day, I will stop relying on comfort food. Socially, I think I need more work on my wellness because I will be social when I have to but I truly prefer to be alone. I'm an introvert but I sometimes think my lack of social skills hinders my ability to be a better student and friend. Like stated earlier, I just prefer to stay alone than talk with friends which may make them think I don't care about them or that I am rude.

2. How will you continue to consciously advance your Holistic Wellness; (4 points)

a. Next Year?

I will continue to advance my wellness by joining the soccer team again senior year. I think joining soccer is good for me because it forces me to become motivated and interested in physical activities. I always find it hard to motivate myself to go to the gym mainly because I just prefer staying alone in my room. I will definitely go to the gym with Linnea whenever she can (she has swim and dive first semester which is why I don't really work out first semester). Linnea definitely motivates me to become better by sassing me in the gym. She knows what I am capable of more than I do and she is able to tell me to get over it and try harder. I think I may also join the basketball team (though currently undecided) because I played for 5 years until I got to IMSA. I'm not necessarily great at ball-handling (which is why I am currently scared to join the team) but I am pretty good at shooting the ball. I feel that if someone kept teaching me how to play basketball and teaching me more ball-handling skills, I could become pretty great at it. I already know all the rules and what I am supposed to do. Basketball will also be a way to do more physical activity first semester and leading up to soccer. I understand soccer and basketball require different types of athleticism but doing basketball is better than doing nothing. Basketball would also be my way of "getting out there" and doing something different than just sitting alone in my room. It will be a start to working on my social wellness which definitely needs some work. I understand that it's okay to be an introvert but I am not comfortable with myself and my habits so I feel like I need to start doing something about them. I will also try to go to the gym twice a week before basketball starts so I am not completely out of shape when the season starts. I do a lot of clubs so I feel that they allow me to maintain some level of constant socializing therefore, I plan on joining the same clubs. I think going to the gym/joining soccer/basketball will also help me feel better about myself which may overall help lessen my fear of talking to others, improving my mental wellness. Maybe if I feel more confident in myself and my body, I will be more open in social situations. Therefore, next year I will try to go to the gym, join basketball/soccer, and join clubs in order to stay physically and socially well.

Final Write-up			
Current Levels			
Score 4.0	Highly Proficient	In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as	
		Score 3.5	In addition to Score 3.0 performance, in-depth inferences or applications with partial success
Score 3.0	Proficient	The student will: <ul style="list-style-type: none"><li>• Demonstrate an understanding of the health-related components of physical fitness and appropriate interconnections with movements from sport and game</li><li>• Articulate your role and responsibility of your Holistic Wellness</li><li>• Discuss relationship between the health-related components of physical fitness and mind-body fitness with current levels of Holistic Wellness (SSL-III.B.)</li><li>• Support claims and statements with specific evidence (SSL-IV.A.)</li></ul> The student exhibits no major errors or omissions.	
		Score 2.5	No major errors or omission regarding the simpler details and processes and partial knowledge of the more complex ideas and procedures
Score 2.0	Developing	There are no major errors or omissions regarding the simpler details and processes as the student: <ul style="list-style-type: none"><li>• Recognizes or recalls specific terminology<ul style="list-style-type: none"><li>▪ CRE, MF, BC, Flexibility, Nutrition, Sleep, Stress</li></ul></li><li>• Performs basic processes such as<ul style="list-style-type: none"><li>▪ Lists the health-related components of physical fitness</li><li>▪ Lists the dimensions of Wellness</li><li>▪ Use phrases or words such as; swol, in shape, good, healthy</li></ul></li></ul> However, the student exhibits major errors or omissions regarding the more complex ideas and processes.	
		Score 1.5	Partial understanding of the simpler details and processes but major errors or omissions regarding the more complex ideas and procedures
Score 1.0	Beginning	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes	
		Score 0.5	With help, a partial understanding of some of the simpler details and processes but not the more complex ideas and processes
Score 0.0	Missing	Even with help, no understanding or skill is demonstrated	
Future Endeavors			
Score 4.0	Highly Proficient	In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as	
		Score 3.5	In addition to Score 3.0 performance, in-depth inferences or applications with partial success
Score 3.0	Proficient	The student will: <ul style="list-style-type: none"><li>• Articulate need and plans for future Holistic Wellness (<i>SSL-I.A. Develop automaticity in skills, concepts, and processes</i>)</li><li>• Support claims and statements with specific evidence (<i>SSL-IV.A.</i>)</li><li>• Assume ownership of obstacles and planning for on-campus and off-campus experiences</li></ul> The student exhibits no major errors or omissions.	
		Score 2.5	No major errors or omission regarding the simpler details and processes and partial knowledge of the more complex ideas and procedures
Score 2.0	Developing	There are no major errors or omissions regarding the simpler details and processes as the student: <ul style="list-style-type: none"><li>• Recognizes or recalls specific terminology<ul style="list-style-type: none"><li>▪ CRE, MF, BC, Flexibility, Nutrition, Sleep, Stress</li></ul></li><li>• Performs basic processes such as<ul style="list-style-type: none"><li>▪ Lists the health-related components of physical fitness</li><li>▪ Lists the dimensions of Wellness</li><li>▪ Use phrases or words such as; swol, in shape, good, healthy</li></ul></li></ul> However, the student exhibits major errors or omissions regarding the more complex ideas and processes.	
		Score 1.5	Partial understanding of the simpler details and processes but major errors or omissions regarding the more complex ideas and procedures
Score 1.0	Beginning	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes	
		Score 0.5	With help, a partial understanding of some of the simpler details and processes but not the more complex ideas and processes
Score 0.0	Missing	Even with help, no understanding or skill is demonstrated	